

- ❖ I am an Organism in an Environment
- ❖ I have 5 senses: Sight, Hearing, Smell, Taste, Touch

## SENSE STIMULI:

My senses are stimulated by:

- **SIGHT:** Light falling on my eyes (Cakkhu)
- **HEARING:** Sound reaching my ears (Sota)
- **SMELL:** Odor reaching my nose (Ghāna)
- **TASTE:** Flavour reaching my tongue (Jivhā)
- **TOUCH:** Tangible contacting my body (Kāya)

## REACTION TO STIMULATION

- Unconscious reaction of organism to stimulation becomes “suffering” or “misery” (dukkha)
- This reaction is a chain reaction – a series of reactions:
  1. Perception (Viññāna)
  2. Cognition (Mano)
  3. Emotional Arousal (Cetanā)
    - activity of the mood / temperament (Citta)
  4. Release of Tension in action (Kamma)
  5. Consequence of the Reaction (Vipāka)

## PERCEPTION (viññāna)

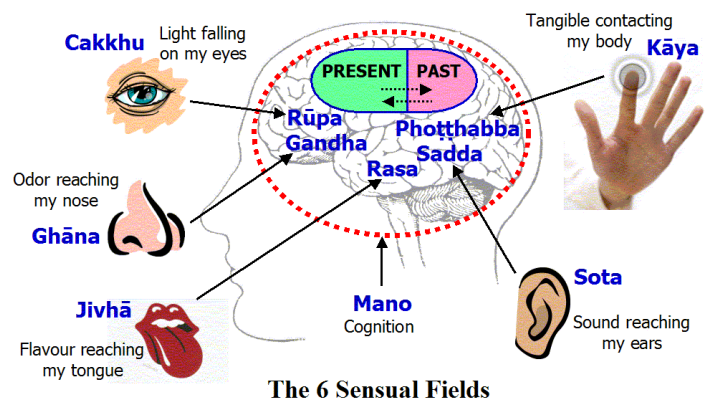
1. Feeling (Vedanā)
2. Sensation (Saññā)
3. Mental Construction (Sankhāra)
4. Perception (Viññāna)
5. Mental Image (Rūpa)

## COGNITION (mano)

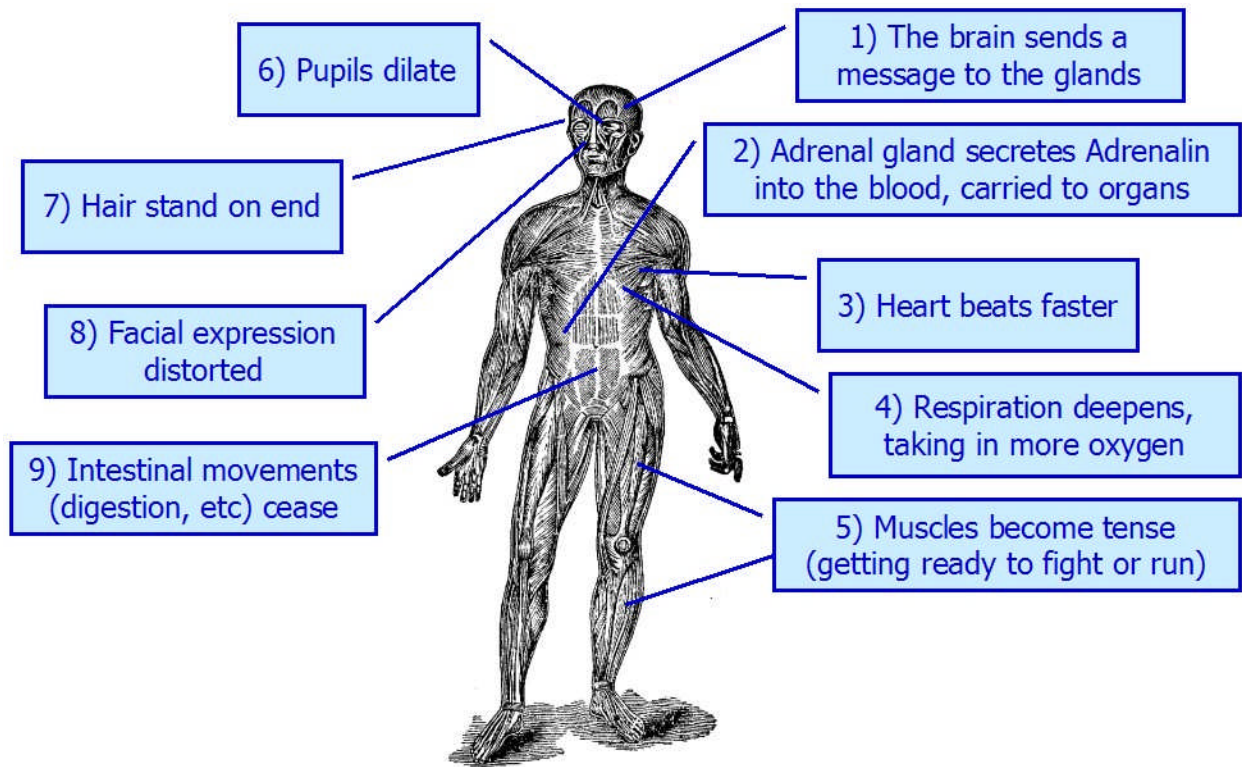
- Fluid Past
- Fluid Present refers to the Categorized Past → “papanca”
- Giving meaning to what was perceived (interpretation)
- The meaning cognized = “dhamma”

## EMOTIONAL AROUSAL (cetanā)

- According to what has been cognized, an emotion is aroused. (example: ANGER)
- The brain sends a message to the glands
- When anger is aroused, a message from the brain goes through the sympathetic pathway to the adrenal gland, adrenalin is secreted into the blood, and the blood carries it to the whole body, different organs in the body begin to react in a special way according to the hormone;
- Heart beats faster, breathing becomes heavier, muscles become tense, pupil dilate, hair stand on end, blood rushes to the capillaries in the face, muscles in the face distort facial expression, intestinal movements (digestion, etc) cease;



- The special way the body reacts is commonly termed “**fight or flight response**” controlled by the **Amygdala** in the brain ( a reaction not within conscious control).



### RELEASE OF TENSION IN ACTION (kamma)

- This reaction in the body causes discomfort (tension in the body)
- This causes unconscious motivation to release the tension in action
- We release tension in action (kamma) to get rid of what is hated
- Failure to release tension increases the pressure of the tension
- Sometimes, we release tension in action to innocent parties
- There are consequences to our action



### CONSEQUENCE OF THE REACTION (vipāka)

- There are consequences to every action = vipāka
- The consequences of the reaction are Internal and External
- The Internal consequences arise at different levels (**General Adaptation Syndrome** – “stress” ):
  - Grief (sōka) } 1. Alarm Reaction
  - Lamentation (paridēva) }
  - Pain (dukkha) } 2. Stage of Resistance
  - Distress / Depression (domanāsa) }
  - Exhaustion / Expiry (upāyāsa) — 3. Stage of Exhaustion
  - Conscience / Shame & Fear (hiri & ottappa)
- The External consequences arise in different forms:
  - In relation to Opposite Party
  - In relation to Society (samāja)
  - In relation to Law of the Land
  - In relation to Environment
  - In relation to Matters arising after Death

